



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Thomas, Charly S.

Club: Berlin
Number: 607

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:45:45

Speed: 11.43 km/h
Running performance: 5:15 min/km

Rank in course/Total: 30 (of 105)

Rank in course/Men: 27 (of 82)

Best time in course: 2:49:01

Rank in category: 7(of 22)

Best time in the category: 2:59:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	53:31	4:36	4	9:32	12	9:34	11.60	53:31	4:36	17			78
Lap 2	19.00	1:36:03	5:03	6	17:41	20	21:34	30.60	2:29:34	4:53	17			76
Lap 3	1.70	16:44	9:50	9	4:26	35	4:32	32.30	2:46:18	5:08	17			76
Last lap Finish	10.70	59:27	5:33	12	19:08	43	21:04	43.00	3:45:45	5:15	7	46:27	27	56:44